# JILLIAN MICHAELS GETS HER KICKS IN FASHION

FITNESS MOGUL HAS A NEW LINE OF COOL WORKOUT GEAR. PAGE 09

metro®

BOSTON Wednesday, September 3, 2014 www.metro.us | t: MetroBOS | f: MetroBoston

# THE STARS ARE ALIGNED

**2014 NFL Preview.** Tom Brady leads an already potent Patriots offense and Darrelle Revis gives the Pats' defense a new look as New England looks to return to the Super Bowl. The Pats are betting that a healthy Vince Wilfork, Rob Gronkowski and Danny Amendola will lead them to glory.

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**The MBTA opens first new station in 27 years**

PAGE 02

**You want Spoon's soul, of course they oblige**

PAGE 08

**Learn how to win at interior design**

PAGES 10-11

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NEWS

**Today's tweet**

"I can't believe I'm actually thinking this, but I think someone forgot to tell Boston it was September #toohot #toofrizzy"

@Tori_Sabourin's hair is ready for crisp autumn air.

**Top 3**

*What's trending online at Metro.us*

1 'Hear a previously unreleased Adele song'

2 'Sports stars hit by Labor Day weekend hacker scandal'

3 Chef Todd English arrested for DWI in the Hamptons

**Coffee**

Get ready for Dunks, Cali!
NICOLAUS CZARNECKI, METRO

## California to run on Dunkin'

Canton-based coffee and baked goods giant Dunkin' Donuts is expanding to California.

The company on Tuesday announced the opening of its first "full expression" locations in Modesto and Santa Monica and also plans to open restaurants in Whittier, Downey and Long Beach in the coming months.

It's part of a larger plan to open about 200 new locations in California over the next several years, and more than 1,000 over the longer term.

Founded in 1950, Dunkin' Donuts has about 11,000 locations in 33 countries. SHNS

**Crime**

## Plymouth porn bust uncovers 'murder book'

A Plymouth man charged with trafficking child porn was also found to have a "murder book," according to prosecutors on Tuesday.

Brendan Kessler had a journal that included detailed plans of assaults, prosecutors said.

The bust also uncovered a small arsenal of guns and explosives as well as thumb drives with explicit photos of children. METRO

Passengers board the Orange Line at the new Assembly Station on Tuesday. / NICOLAUS CZARNECKI, METRO

# T unveils sparkling new Assembly Station

**Somerville.** The new station now provides a transit link between Boston and Assembly Row, a redeveloped commercial center.

**By the numbers**

**Assembly Station is the first new MBTA station since 1987.**

- Estimated daily ridership is between 4,800 and 5,400 passengers by 2030.
- Somerville population living within walking distance of a T station will now rise from 15 percent to 85 percent.
- The total cost of the station is $56 million, and was funded by public-private partnership.

Nothing compares to that fresh, new MBTA station smell, and for the first time in more than two decades, passengers stepping onto the platform at Assembly Station in Somerville on Tuesday got a whiff of it.

The new Orange Line stop opened for service Tuesday after two-and-a-half years of construction. It is the first new rapid transit station to be built in Massachusetts in 27 years.

Somerville Mayor Joseph Curtatone said the station will boost the percentage of the city's population living within walking distance — about half a mile — of a T station from 15 percent to 85 percent.

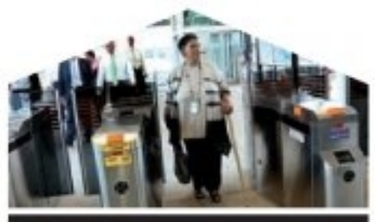
"I usually go to Sullivan Square, and it is pretty congested. This is great because we can walk to this station, and I think it will relieve some of the congestion at Sullivan," said Somerville resident Mary Robertson, who stopped by the station to see Gov. Deval Patrick celebrate its opening.

Ann Cavallo-Hartnett, a longtime Somerville resident, said she'd been eagerly awaiting some vitality in the area.

"It's great to finally see some new development in this whole area. It brings excitement and enthusiasm in addition to all the practical things it will bring, like jobs," she said.

The station design includes a glass two-story entrance building at the corner of Foley and G streets and a glazed glass bridge crossing the inbound track and leading to the fare gates.

The daily projected ridership at the Assembly Station is expected to be between 4,800 and 5,400 passengers by 2030.



Visit **Metro.us** to learn more about the Assembly Row development.

MORGAN ROUSSEAU
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## Boston. 'Millionaire?' auditions held next week

Local auditions for the hit quiz television show "Who Wants to be a Millionaire?" will be held on Sept. 8 at Cure Lounge on Tremont Street.

The show, which has been running since 2002, offers a maximum prize of $1,000,000 for correctly answering a series of multiple-choice questions.

Those interested in auditioning must be at least 18 years old and must bring a picture ID.

Auditions run from noon to 6 p.m., with callbacks to follow immediately.

The line will form at the lounge entrance door on the side of Wilbur Theater on Tremont Street. METRO

**Hacking**

## Data breach hits Home Depot

A massive credit card breach may have compromised consumer data for tens of millions of Home Depot customers. Cybersecurity experts are speculating the breach may have affected all Home Depot branches, including those in Massachusetts, this year. METRO

## Boston. One Fund distributes last of funds

The One Fund Boston announced Tuesday that the charity was distributing more than $18 million in cash to more than 200 survivors of the Boston Marathon bombings.

It was the final distribution made by the One Fund, which has raised $80 million for survivors and their families since it was established in April 2013.

The organization also announced that $1.5 million of its funds will go toward the creation of The One Fund Center, which will provide personalized care and support for bombing survivors. METRO

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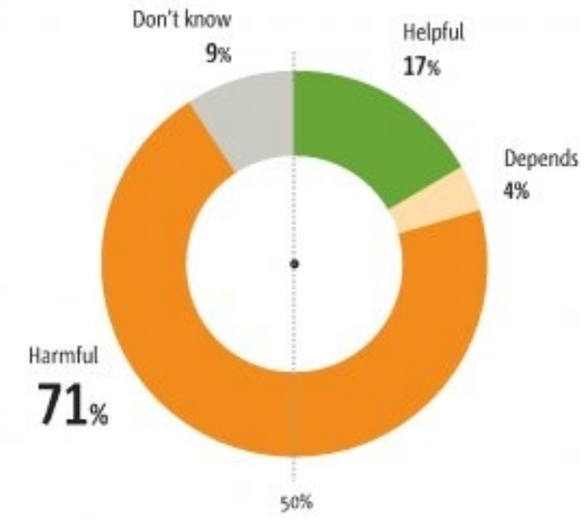
# Campaign finance concerns

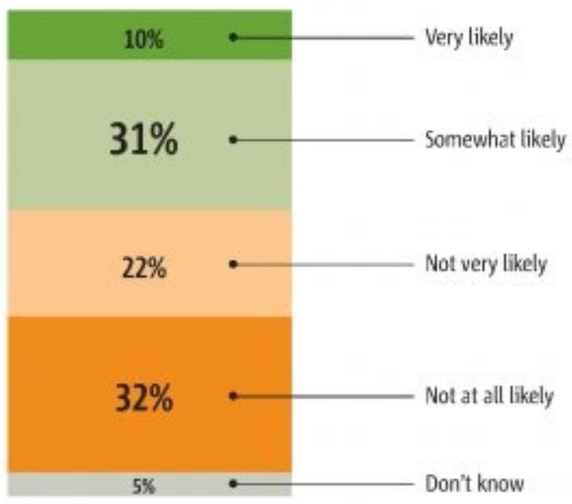
A Boston Globe poll shows voters find the impact of super PACs on state politics to be harmful

**Generally speaking, do you believe that super PAC advertisements are helpful or harmful to the political discourse in Massachusetts?**

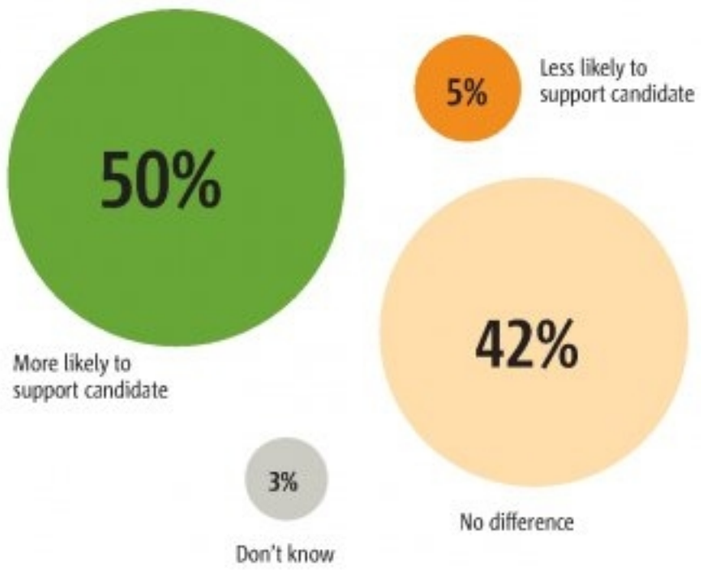



**Relative to other states, Massachusetts has strict campaign finance regulations. Starting in January, a citizen can only give $1,000 per candidate per year. Do you...?**

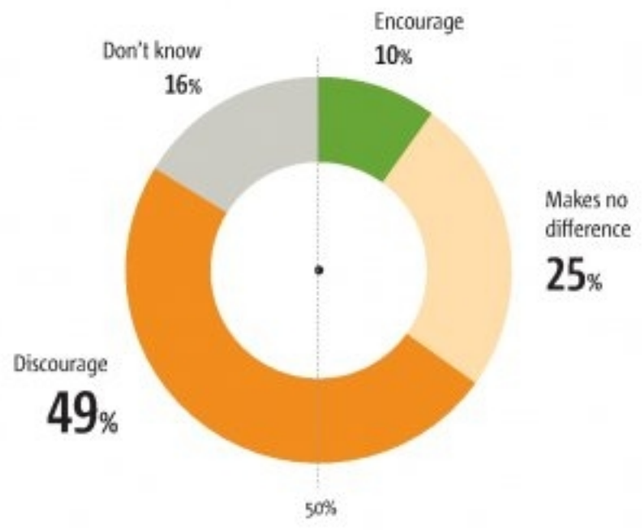
**If the candidate you are supporting for governor contacted you directly and asked you to donate to his or her campaign, how likely would you be to donate?**




**Are you more likely or less likely to vote for candidates if they pledged to limit the spending of super PACs in their campaign?**



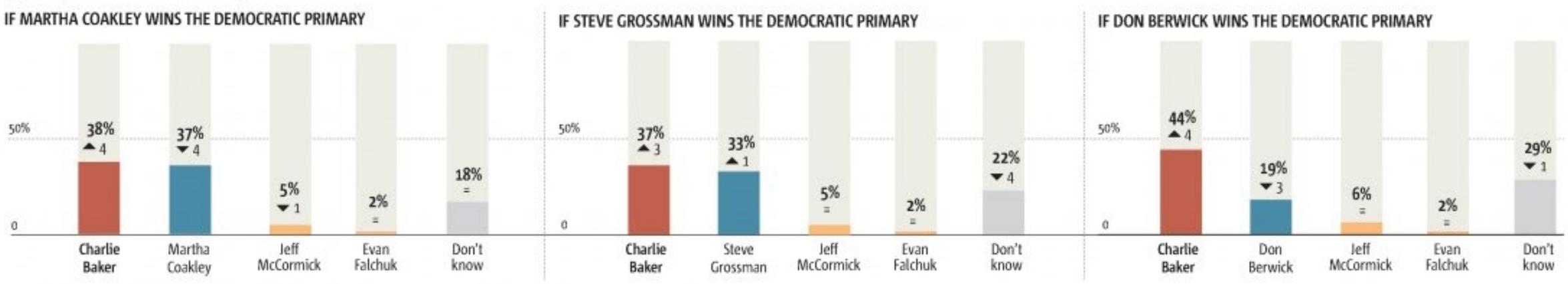

**Does the state's current campaign finance system encourage or discourage people like you from running for office?**




BOSTONGLOBE.COM/CAPITAL

## November matchups: If the general election for governor were held today, for whom would you vote?

Change from last week, in percentage points



Execution

## ISIS issues video of beheading of US journalist

The Islamic State released a video on Tuesday purporting to show the beheading of American hostage Steven Sotloff, raising the stakes in its confrontation with Washington over U.S. air strikes on its insurgents in Iraq.

American journalist Steven Sotloff / VIDEO SCREEN GRAB

A masked figure in the video also issued a threat against a British hostage, a man the group named as David Haines, and warned governments to back off "this evil alliance of America against the Islamic State."

The purported executioner appeared to be the same British-accented man who appeared in the James Foley beheading video. REUTERS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2 CULTURE

THE WORD

Ned Ehrbar takes on the world of gossip.

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# 1 The bad boys of pop music are at it again

Yesterday was not a banner day for guys we shall somewhat reluctantly refer to as the "bad boys of pop music." Canadian Police announced yesterday that Justin Bieber was arrested and charged with assault and dangerous driving over the weekend, and Chris Brown pleaded guilty to misdemeanor assault.

Let's start with the Biebs: This weekend he was reportedly driving with Selena Gomez near Stratford, Ontario, where he grew up, when his vehicle collided with another and then a "physical altercation" ensued.

MORE LEGAL WOES FOR BIEBER?

ALL PHOTOS GETTY IMAGES

ABC News reports that Bieber's lawyer emailed a statement saying, "Justin Bieber and Selena Gomez's peaceful retreat in Stratford this weekend was unfortunately disrupted by the unwelcome presence of paparazzi."

Bieber is already facing an assault charge in Toronto and is still on probation after being convicted of vandalism for egging his neighbor's house.

Meanwhile, Chris Brown's guilty plea in Washington, D.C., ended up with the star apologizing for breaking the nose of a fan who tried to thrust himself into a picture with Brown last year. Brown was sentenced to time served (he spent more than two months in jail for a probation violation) and ordered to pay $150 in court costs. Brown remains on probation until 2015 for the charges of beating Rihanna in 2009.

Though photographers weren't able to get great shots of Chris Brown outside of court, at least he didn't try to punch them.

# 2 Feds on case of the massive nude pic leak

UPTON

Jennifer Lawrence, Kate Upton and the other victims of this weekend's massive iCloud hacking and nude photo leak can rest a bit easier knowing that the feds are on the case. "The FBI is aware of the allegations concerning computer intrusions and the unlawful release of material involving high-profile individuals and is addressing the matter," a Bureau spokesperson says in a statement to NBC News.

Talking point

## 3 Cyrus still loves former fiance

Miley Cyrus and Liam Hemsworth may have broken off their engagement almost a year ago, but that doesn't mean she doesn't still have feelings for the Australian actor. "I love Liam. Liam loves me," she tells Australia's "Sunday Night" during an interview. Of course, she might just be saying that because she doesn't want to upset any Australians on their home turf.

The couple in 2013

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Jeff Bridges and The Abiders play The Wilbur (246 Tremont St.) tonight. For more info visit www.ticketmaster.com. / GETTY IMAGES

# Opening up his 'Crazy Heart'

**The Dude abides.** Jeff Bridges talks singing, songwriting and the human condition.

Shortly after playing the tragic country music hero Bad Blake in the film "Crazy Heart," Jeff Bridges presented a stellar self-titled country/folk album. Then he teamed up with producer T Bone Burnett and proved he has even more to offer: Having somehow found time with his film schedule to tour, his band, The Abiders hit the road.

**Was music something you did before movies, and did you ever have to choose between movies and music?**
I've been playing since I was 13 or 14, and as far as a time when I wondered if I wanted to go into that, I seriously questioned and asked myself whether acting was going to be my path. And as I grew older it became the path of least resistance. I have a little studio and I like writing music and playing with my friends.

**You'll always have this place in people's heart as The Dude from "The Big Lebowski." That could get old for you, but then your band is called the Abiders — "The Dude abides" being one of the most quoted lines from this highly quoted film. Do you feel that you relish the film's cult status?**
[Laughs.] Yeah, I'm very proud to be part of that film. It's a wonderful movie. It would be one of my very favorites even if I wasn't in that film. The Coen brothers … they're nasty.

**What are your true feeling about the band The Eagles? Do you really "hate the f—ing Eagles," as that famous quote from "Big Lebowski" goes?**
That's not me; that's The Dude, man. I ran into those guys at a party and those guys gave me a lot of s—. I said, "Don't take it personally, man. It's a movie, man." The Eagles are fine. I dig Creedence, too.

NOLAN GAWRON
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**Bonus question**

## Country feedback

**What do you like about music vs. film?**
IN a way, I look at performing sort of like doing an improvisation with the audience. … We're working on something together. If the audience enjoys the music, it makes me enjoy it more, and vice-versa. We feed off each other like that. [It's] like working on a scene with somebody. Because that's my realm, the acting realm; I think of it in those terms. But it is great to get that immediate feedback.

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# The Weekly Yelp. The best butchers of Boston

Don't go thinking we're out of grilling season just yet. And thanks to these meisters of meats, your coals can put the summer sear on proper proteins for three more glorious weeks.

## The Meat House

**1398 Mass. Ave., Arlington**
This is where I go to eat ALL the meats! I often salivate over the fresh slabs of bacon, marinated steak tips and delicious cuts of filet from the back room. In addition to the meats, The Meat House has its liquor license, so you'll find a decent selection of beer, wine and liquor for accompaniment with tonight's dinner. There's even veggies and/or sides you can pick up to go along with your meal, if you forgot to purchase them elsewhere. **WEI W.**

## Maplewood Meat Market

**11 Maplewood St., Malden**
The prices are right, the conversation is free and I hear they are giving out free smiles with any purchase. ... What can I say about this place, it's amazing. Great choice of meat on hand every day along with those little things you may need to make dinner with. If you are looking for something special just let John know and he will get it for you. **DEREK W.**

Savenor's has pretty much everything your supermarket butcher won't have. / LYNNE S., YELP

## Savenor's Market

**160 Charles St., Beacon Hill**
Got wild boar bacon, goose liver mousse, camel meat patties as well as was recommended and got a whole pint (in a recycled bottle) of chocolate milk, which was so delicious that we finished it right there and then and got back $1.50 for recycling the bottle! **RENUKA K.**

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# 'They want' Spoon

**Indie rock.** Despite taking four years to put out another album, this Texas band's fans are still with them.

HARVEY, TOP LEFT, SAYS THERE WAS A TIME THAT HE THOUGHT HE WOULDN'T BE POSING FOR A PICTURE LIKE THIS AGAIN. / TOM HINES

Spoon's latest album, "They Want My Soul," comes four years after their last release. Guitarist and keyboard player Eric Harvey admits that's a long time.

"The last Spoon record came out in 2010, so that means a kid that was 12 then is now 16," Harvey calculates out loud. "Somebody who was 25 is now almost 30, and are they still going to shows? And are they still into music at all?"

Harvey's concern is evidently not warranted, however, as "They Want My Soul" debuted at No. 4 on the Billboard charts when it was released earlier this month.

Harvey says there were times in between albums when he wasn't sure he'd be playing under the Spoon moniker again.

"There was no question whether or not Spoon was going to make another record," he says, though singer Britt Daniel's side-project, Divine Fits, had fans wondering about that. "For me, it wasn't a question of whether I'd be invited back, but a lot can happen within a few years."

While Daniel was doing Divine Fits, Harvey made a solo album and did some freelance graphic design work.

"The farthest away from Spoon I got wasn't going to some faraway place, but it was actually having some sort of domestic life in Texas," he says. "I ended up getting a day job and doing music on the side, because I certainly didn't make any money doing my solo record; certainly not enough to make it my full-time job, so it was a bit of a reality check."



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pat.healy@metro.us

**Festival circuit**

## Spoon-fed info

Spoon are touring the festival circuit, which Harvey has noticed includes more than just bands these days.

"We pretty much open for DJs now," Harvey says, laughing slightly. "I don't always look at these festival bills until right before we play ... But I did stay to see The Replacements at one festival we played earlier this year."

Much to Harvey's delight, The Replacements play right after Spoon's slot at Boston Calling this weekend.

**If you go**

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**Quoted**

"There was no question whether Spoon was going to make another record." Harvey

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9/11: natick
9/16: northeastern university & children's hospital
9/17: berklee college of music & harvard square
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# Jillian Michaels' tips for looking sexy and staying motivated

**Fitspiration.** Cute new clothes are just one reason you'll want to hit the gym every day.

It might seem like a no-brainer for "The Biggest Loser" coach and fitness guru Jillian Michaels to expand her enterprise to include athletic wear, but Michaels says it's taken her eight years to get it right.

"To be honest with you, I've never been one to love workout clothes because they just haven't had a very cool aesthetic, and they haven't worn great over the years," Michaels tells us at the line's launch event.

Constantly being filmed and photographed in athletic gear has made Michaels hyperaware of how it looks, but she also wanted to put out a line that performed well at a price everyone could afford. "When I think about my customer, it's a student in college struggling to make ends meet, or a mom with two kids struggling to make ends meet, or someone in retirement struggling to make ends meet, so affordability was really important to me," Michaels says.

Impact by Jillian Michaels is available at Kmart; the most expensive clothing item is $25. The line consists of four categories: core, lifestyle, yoga and running. "Core you can really wear for everything, but yoga and running are both very sports-specific," she says. "For yoga, you really need a shirt that isn't going to ride up if you're doing a shoulder-stand or a zipper poking your leg when you're in pigeon. And for running, you need shirts and shorts that won't chafe."

**Advice**

## Putting it to use

New gym clothes might be enough to get you excited for the first week of exercising, but Michaels says if you want to stay motivated, the key is to have a specific goal in mind. "It's very important to establish a 'why,'" Michaels says. "You'll choose exercise and a healthier meal over pizza and being lazy when you have a specific goal in mind, like feeling sexier with your partner or more confident at the office. Work with purpose is passion. Work without passion is punishment."

EMILY LAURENCE
@EmLaurence
emily.laurence@metro.us

These abs are not included. / PROVIDED

**PLUS**

**Editor's pick**

**Power Capri Pants**

These capris are one of Michaels' favorites in the line because they hit at just the right length below the knee and don't ride down in the back. $21.99

**From the collection**

**2 Double-layer performance shorts**

These shorts have an extra layer to prevent chafing. **$16.99**

**3 Sports Bra**

The mesh lining in this sports bra makes it ideal for yoga, walking or running. **$14.99**

**4 Long-sleeve performance top**

The smooth fabric in this top keeps moisture away — no gross sweat spots! **$18.99**

# Retro DIY. Man turns basement into fake log cabin

Many people like to rent a log cabin from time to time to get away from the madness in the city. Owning one is out of our reach; however, building one is a different matter and doesn't require a fortune, provided you have an extra room and some basic carpentry skills.

Imgur user [oldblue] took an unused room in his basement and converted it to look like a 1950s-era log cabin's interior, complete with faux fireplace, rustic furniture and artillery shell (next to the fireplace no less). The man designed the cabin with lumber taken from shipping crates for the walls, stone found on the side of the road for the fireplace and an aged and stained 4-by-8 for the center beam.

The floorboards were also taken from shipping crates, ripped to three inches and cut "tongue and groove" style for easy assembly. To give the room the feeling of being in the wilderness, [oldblue] installed a fake window with a photo of the outdoors illuminated by a light behind it. The light can be turned off, simulating both day and night. The kicker is that the project cost a mere $107 in materials to complete. And that $107 upped the price of his house by thousands. To view the full project breakdown, visit www.makezine.com

CABE ATWELL, MAKE ZINE

Maker Faire

This log cabin was completely faked in some clever guy's basement — on the cheap. / MAKE ZINE

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# Room with

"The biggest compliment I ever received was when someone said, 'It feels like you're not in Manhattan,'" says Casey DeBois, pictured here in her kitchen. /ALL PHOTOS NATASHA JAHANGIR

**Decor.** Interior designer Casey DeBois makes a case for mixing high and low design.

Casey DeBois didn't spend much time debating the apartment she checked out with her husband last fall.

"When we got there, we were just like, 'This place is insane,'" remembers DeBois of the much-hyped New York by Gehry. "There's an ocean view from Manhattan – compared to our previous apartment, where the view was a brick wall."

Less than a year later, it's almost impossible to believe that she hasn't always lived in the 1,000-square-foot home.

"I really like clean, modern interiors that reflect my personality," says the 29-year-old, who is an interior designer. "My aesthetic is mid-century modern meets farmhouse, but it's a little bit of everything. I really wanted to mix things up for my own home."

The result is an eclectic yet restrained space that joyfully blends high and low. A tufted statement sofa feels right at home next door to a trendy, Etsy-fueled gallery wall, while playful chalkboard paint warms up a well-equipped

Display-worthy items hold court on the coffee table.

DeBois' favorite paint is Benjamin Moore's rental-friendly "Simply White." "It's like a gallery white — art pops well against it," she says.

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# a view

modern kitchen.

Despite the professional touches and Instagram-inspiring coffee table clutter, it's a space that was designed with guests (and a resident pup, Tuck) in mind. Furniture moves easily for dinner parties and nothing is too precious to be called seating.

"I have some design rules, but ultimately I find that I design a lot of happy spaces," says DeBois. "I think, 'What do you want your space to say?' In the end, you just want to feel at home."

Visit **Metro.us** for a photo gallery of more shopping tips from Casey DeBois.

Tip

DeBois ordered her Lucite console from Custom Acrylic Designs on Etsy.

## Go custom

The Lucite table in DeBois' entryway feels perfect for the space because it was made for the space. However, it only cost around $300, including delivery. "I think a lot of people shy away from custom pieces because they think it's going to be too expensive, but custom doesn't have to be," she says.

MONICA WEYMOUTH
@metroBOS
letters@metro.us

# Love her style? DeBois lets us in on some of her secrets

## Think ahead

If you're renting, remember that you'll be moving everything. "In Manhattan, you have to think, 'How long am I going to stay in the space, and what can I take with me?' Sectional sofas are never a good idea — who knows what the layout of your next place will be?"

## Shop local

Although she has some pieces from retailers such as West Elm and Restoration Hardware, most of DeBois' apartment (and those of her clients) is furnished and trimmed with the help of small local shops and Etsy sellers.

## DIY with Ikea

Even DeBois breaks out the Ikea wrench once in a while — not that you could tell. "I'm not afraid to use Ikea. My TV console is an Ikea piece, but I covered it with reclaimed wood flooring. My night stands are Ikea, but I put Anthropologie hardware on them," she says.

## Splurge smart

Sometimes, it's worth letting your credit card feel the burn. "I'd splurge on a good pair of accent chairs, and art is always a good idea," she says. "If you buy a quality vintage chair, it's going to keep its value — whereas you'll have a hard time trying to resell a West Elm piece."

## Don't forget the little things

You don't need fancy designer pieces to charm the pants off guests. "I'm all about the smaller details, like the vintage swivel sticks on my bar cart," she says. "I like to create visual interest with small vignettes."

Yup, that console is from Ikea.

A chalkboard wall is one way to lighten up a standard kitchen.

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## 'Kale, Glorious Kale'

As part of Fruit Center's Cookbook Author Month, Cathy Walthers will sign copies of her new "Kale, Glorious Kale" cookbook Sept. 23 (79 Waters St.) and share her techniques at a cooking class Sept. 24 (10 Bassett St.). The $25 ticket includes a signed copy of the book.
*www.fruitcentermarketplace.com/month.asp*

**Health notes**

## Bacteria cocktail shrinks malignant tumors

In a mixed study of rats, dogs and humans, cancerous tumors in all three species were shown to shrink after being injected with an altered form of bacteria.

The results were seen in a recent study out of Johns Hopkins Medicine, which used a modified version of the Clostridium novyi bacterium.

While the rats were treated for implanted brain tumors, 16 dogs with naturally occurring malignant tumors were treated with this approach. Six of them showed tumor shrinkage within three weeks – three actually showed a complete eradication of their tumors.

The study tested the treatment in only one human patient, a woman who had been suffering from a metastatic tumor in her arm. After treatment, the tumor shrank significantly; however, she did experience severe side effects. The next step will be to expand the clinical trial.

**Who's having the most fun?**

Lesbians are more likely to orgasm than straight women, according to a new study. / GETTY IMAGES

## Lesbians, men have the most orgasms

A new study reports what you probably already suspect: Men have the highest rates of orgasm.

The research, which involved 2,850 people in the U.S., focused on sex between familiar partners. On the whole, men were found to achieve orgasm about 85 percent of the time. But women were a different story, reaching climax only about 63 percent of the time.

The only exception was among lesbians, who were able to reach orgasm during nearly 75 percent of sexual encounters. Interestingly, sexual orientation did not affect the rate of male orgasm.

The Indiana University study raises questions about orgasms — some researchers speculate that it is an evolutionary adaptation to promote reproduction. To explain lesbians' high rate of orgasm, previous research has found they spend more time per sexual session.

## Cancer drug restores hair growth

Side effects are rarely beneficial. But in a new study, an FDA-approved drug designed to treat blood cancer was found to reverse hair loss.

At least half of the 12 participants saw fully restored hair growth. All suffer from a common autoimmune disease called alopecia areata, which causes dramatic hair loss. The drug used in the study (known as a JAK inhibitor) both prevented and reversed the disease in mice. Results were equally exciting in humans.

"The landscape for treatment of alopecia areata hasn't changed in decades, and has merely included injectable steroids, which is painful and often doesn't work," said Dr. Raphael Clynes, a researcher at Columbia University Medical Center. The results have prompted a large-scale study.

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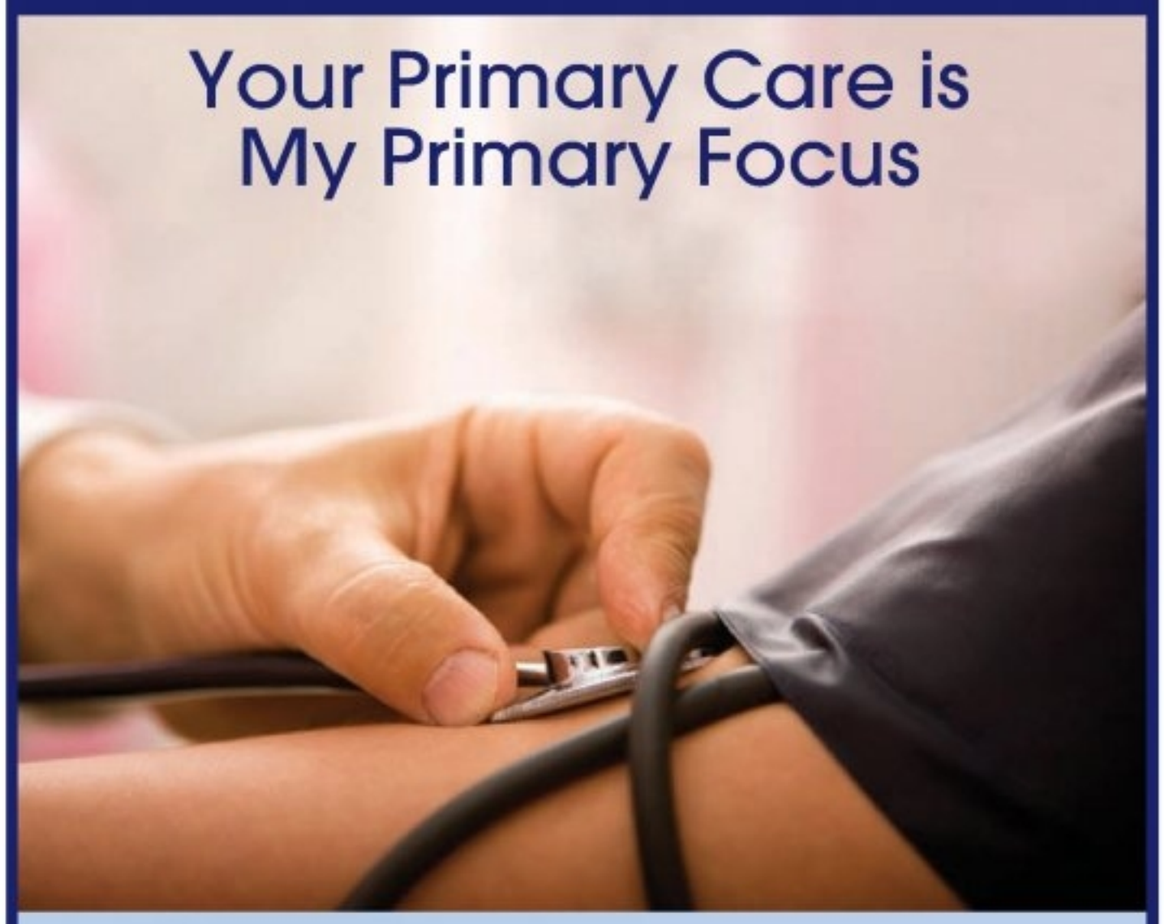

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# Working your way to type 2 diabetes

Cortisol

## Not a coping problem

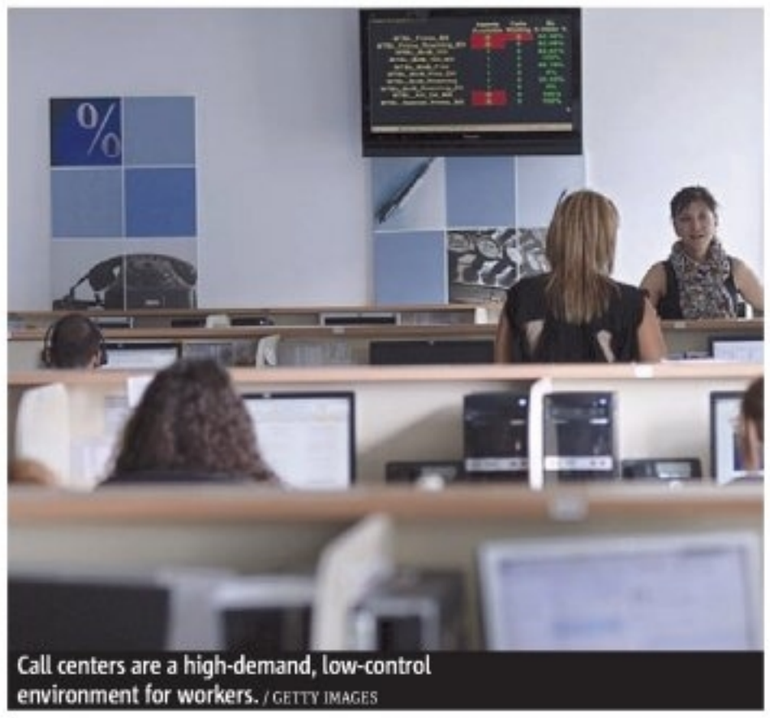
Past research dating back decades has established that jobs with a combination of high demands and low control over how the work is done create a high-stress environment long linked to heart disease and death.

The underlying cause is generally thought to be a mixture of physical wear-and-tear from the chronic stress itself and unhealthy coping behaviors such as smoking, drinking and overeating.

Ladwig's team followed more than 5,000 nondiabetic men and women in Germany over 12 years. By the end of the study, almost 300 cases of type 2 diabetes had developed. The largest proportion (almost 7 percent) came from the high job-strain group, according to the study.

The results held after the team accounted for age, sex, family history, weight, socioeconomic status and physical intensity of work.

That suggests the stress itself caused the effect, the researchers speculated, and the likely culprit is the stress hormone cortisol, which can alter the way the body regulates blood sugar.



Call centers are a high-demand, low-control environment for workers. / GETTY IMAGES

**Study.** A stressful job can make you sick even if you don't have the usual risk factors.

When it comes to type 2 diabetes, a stressful job can be as risky for your health as a bad diet and no exercise.

A new German study found that even without the classic typical factors for type 2 diabetes — obesity, family history, high blood pressure and cholesterol, inactivity — people working too many hours with little control over their tasks were over 60 percent more likely to develop the disease than unstressed workers.

The findings add to substantial evidence that job strain represents a serious health risk on its own, researchers say.

"What we first suspected was that job strain might be related to lifestyle variables — that people who are under high job strain would smoke or maybe eat unhealthy food more — but this was not the case," says lead study author Karl-Heinz Ladwig, of the Technical University in Munich.

REUTERS

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## Horoscope

**♍ Virgo | Aug. 23-Sept. 22.** Emotional issues will become more pronounced if you aren't honest. Be diplomatic, but don't lie to protect others' feelings or avoid an argument.

**♎ Libra | Sept. 23-Oct. 22.** Plan an event with friends. An enjoyable evening of entertainment will provide a welcome diversion from work-related stress. Some interesting news is coming your way.

**♏ Scorpio | Oct. 23-Nov. 21.** Make your finances a priority. Look into moneymaking schemes that will increase your revenue stream without a major cash outlay. Don't share personal matters prematurely.

**♐ Sagittarius | Nov. 22-Dec. 21.** If others seem especially trying, look at your actions and consider if you are the cause. Perhaps you have been too demanding or short-tempered. Be honest.

**♑ Capricorn | Dec. 22-Jan. 20.** This is not a good time to reveal your private plans or secrets. Aim to be a leader, not a follower. Someone you trust will let you down. Cover your back.

**♒ Aquarius | Jan. 21-Feb. 18.** One way to attract influential followers is to get involved in humanitarian causes. You can make a difference if you adopt a leadership position.

**♓ Pisces | Feb. 19-March 20.** You may be feeling anxious or hurt. Rather than dwell on negative events, take this opportunity to do something enjoyable that will ease your mind and lift your spirits.

**♈ Aries | March 21-April 20.** Don't let others make decisions for you. Plan to spend some time outdoors or get involved in a cause that you feel passionate about. You will be inspired if you visit an old friend.

**♉ Taurus | April 21-May 21.** You may feel burdened by the needs of an older relative. Take a moment to address your own needs, but don't overspend in the process.

**♊ Gemini | May 22-June 20.** Stay on an even keel and don't let your emotions exhaust you. Stewing over an unhappy event will lead nowhere. Channel your energy toward love and affection instead.

**♋ Cancer | June 21-July 22.** An industry or work-related function will provide you with the perfect chance to meet someone new and exciting. Uphold your reputation at work.

**♌ Leo | July 23-Aug. 22.** You will have no problem making a lasting impression. Be prepared to step into the limelight. A physical challenge will be invigorating and rewarding.

EUGENIA LAST

## Letters

### Investing shouldn't be a get-rich-quick scheme

**Re: 'Companies revolutionizing the world' (Metro, Aug. 26)** Columnist Timothy Sykes strikes me as the stereotypical privileged son of a rich family who has taken as his goal in life to get rich(er) than he already is. He has no goal to produce anything of value to better the lives of people around him. He does not even have the goal of "investing" in promising businesses. His history in junk stocks exposes someone who has taken the new approach to investing — don't look for promising companies, look for an minute edge in a trade and execute it over and over again. It's just the modern version of the gambling hall, not "investing" at all. Those who worship the filthy lucre have done a complete job in perverting the purpose of human life — now, the only goal is riches. How they are acquired is of no importance.

TOM WOLF, VIA EMAIL

### Net no place for private photos

**Re: 'Creepy hackers release creepy naked celeb photos for the Internet's creeps' (Metro, Sept. 2)** We always advise college students to monitor the information they post online, yet Ricky Gervais is pilloried for saying celebrities should avoid computerizing nude pictures of themselves. Common sense is common sense — in today's online world, the first line of protection is common sense.

MICHAEL ANDERSON, VIA EMAIL

This is the celebrities' fault: The Internet is not your closet or family photo album — it is a public venue or space. That's why everyone has access to it. This being said, why store private items in a public space? Could none of these people afford an external hard drive? Society should not be subjected to needless laws and regulations to protect the ignorant!

WILLIAM GORE JR., VIA EMAIL

**letters@metro.us**

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

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| | 8 | | | | | 3 | | 2 |
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| | 2 | | | | 9 | | | 3 |
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| 7 | | | 6 | 1 | | 9 | 4 | |

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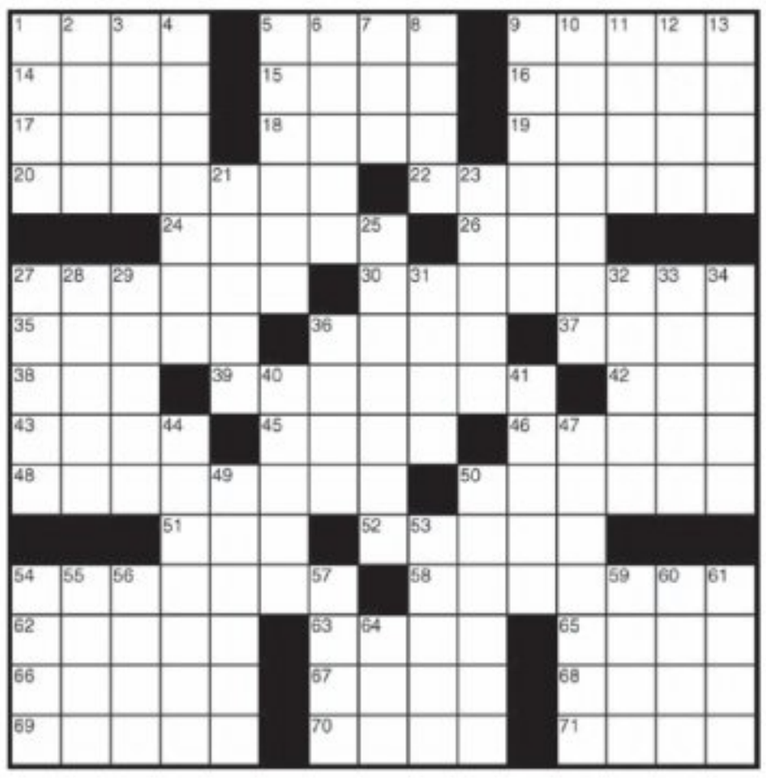

**Across**
1 Thailand, once
5 Social equal
9 Intend (2 wds.)
14 Hour, to Hernando
15 Mighty Dog rival
16 Look high and low
17 Four Corners state
18 Ballpark figure
19 Redhead's tint
20 Hot sauce
22 Egg producer
24 U of U.N. fame
26 Help-wanted abbr.
27 Critter
30 Gets tangled (2 wds.)
35 Alice in Wonderland's cat
36 Fed a line
37 Kind of pickle
38 Harvest Moon mo.
39 Earliest
42 Chromosome material
43 Relieved sigh
45 Spiky flower
46 Dolphin habitat
48 Wire
50 Chocolate dessert
51 Umbrage
52 Click-on items
54 Leanest
58 From Asia
62 Bamboo eater
63 Mr. Greenspan
65 Lotion additive
66 Fish-eating birds
67 Box
68 Teacup edges
69 Bone-tired
70 Weeded
71 Part of LAPD

**Down**
1 Kubrick's "Eyes Wide —"
2 Pinch
3 Sheik or sultan
4 Honorific in India
5 Philosopher Blaise —
6 John of "Tiny Dancer"
7 MPG monitor
8 Campus org.
9 More pale
10 Chilled (hyph.)
11 Lama or friar
12 Melody
13 North African port
21 Bygone rulers
23 Is the chair
25 Seaquake aftermath
27 Vote to accept
28 Alcove
29 PC chip maker
31 Must have
32 Meal accompaniments
33 Humerus neighbors
34 Carpentry tool
36 Fizzy beverage
40 Grimm heavies
41 Bugs Bunny and Popeye
44 Creepier
47 Eclair filling
49 — spoon (diner)
50 Bellyached
53 Refrain from
54 Emulate Etna
55 Cut back
56 Tolstoy heroine
57 Muscle-car dial
59 Newsman — Abel
60 Play boisterously
61 Oriole abode
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3 SPORTS

**On drugs at the Derby**

## *Welker suspended*

**Broncos wide receiver Wes Welker was suspended four games by the NFL Tuesday for testing positive for amphetamines in the offseason. Pro Football Talk reported that Welker took the drug commonly referred to as "Molly" while attending the Kentucky Derby in May and that there were traces of amphetamines in the drug.**

# 3 Patriots storylines to watch this year

**NFL.** The playoffs are again a lock, but can they make a return to the Super Bowl?

It's been the same drill around here for the past 12 Septembers. A division title is nearly guaranteed. A Super Bowl berth is close to a birthright.

The NFL has truly never seen anything like the Brady/Belichick Patriots. They have averaged 11.3 wins per season since 2002, and have not entered a season where they weren't among the handful of favorites to win it all since. Perhaps the Pats' best accomplishment has been their ability to stay consistently great. Consider that the run in which the 1990s Cowboys were legit contenders lasted just six years. The run for the 1970s Steelers lasted eight years. The most comparable run to the one the Pats are currently on came from the 49ers of the '80s and early '90s as they were contenders from 1981-1998. But even as great as those Niners teams were, there were six seasons sprinkled in during that time in which they won just 10 games in a season.

A 10-win campaign would be a bummer here, particularly in this upcoming season.

MATT BURKE
@BurkeMetroBos
matthew.burke@metro.us

## 1 No longer a secondary issue

Finally, a secondary to be proud of.

There was a loud cry last season about how the Patriots need to give Tom Brady more weapons. Well, the best weapon for most championship-obsessed QBs comes via a great defense. Former arch-enemy Darrelle Revis is arguably the best defensive player on a Patriots roster in the Brady/Belichick era and the Pats are expected to rank among the top five defenses in the league. Pats fans are well aware how much a healthy, great cornerback can change the outlook of a defense. A healthy Aqib Talib was prominent in big early season victories over the Falcons and Saints last year. In fact, in the first six games of last season when Talib was healthy, Patriots opponents scored an average of just 16.1 points per game. Revis is believed by most to be a more talented player than Talib, and once Brandon Browner returns in Week 5, the Pats could feature one of the top secondaries in the league.

DARRELLE REVIS IS ARGUABLY THE PATS' BEST CORNER SINCE TY LAW. GETTY IMAGES

## 2 Comeback kids

VINCE WILFORK IS HEALTHY AND READY TO ANCHOR THE DEFENSIVE LINE. GETTY IMAGES

It was touch and go there with Vince Wilfork last March as the big nose tackle had asked for his release from the team. But Wilfork and the Pats eventually found a number they were seemingly comfortable with (a restructured deal worth three years, $22.5 million), and No. 75 is slated to go for 2014 and possibly beyond. You haven't heard a peep about Wilfork all summer long, but reports have indicated that he's fully recovered from the torn Achilles tendon he suffered against the Falcons in late September last year. Rob Gronkowski suffered his 2013 season-ending injury months later against the Browns, but the guess is that he'll see some game action this Sunday against Miami. More important is that the game-changing tight end is at full strength in the second half of the season and into the playoffs. Gronkowski hasn't played something close to a full playoff game since the 2011 Super Bowl loss to the Giants, and even in that game he was hobbled.

DANNY AMENDOLA

## 3 On target

Brady had 2006-like talent to work with last season, as yearning for the days Reche Caldwell and Doug Gabriel become commonplace among fans. Julian Edelman did take his game to another level, catching 105 balls for 1,056 yards, but Danny Amendola was seen as something of a bust. If Amendola can remain healthy (a HUGE if) and turn in games like he did last season against Buffalo (10 catches, 104 yards) and Miami (10 catches, 131 yards), it will open things up on the outside for Brandon LaFell, Kenbrell Thompkins and Aaron Dobson.

**By the numbers**

**2-1**

The Patriots went 2-1 last season when Danny Amendola had over 100 yards receiving, beating Buffalo and Pittsburgh but losing to Miami.

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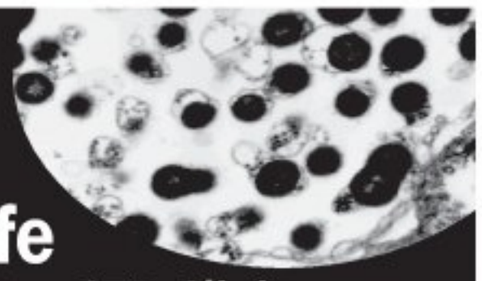

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## LEGAL NOTICES

(SEAL) COMMONWEALTH OF MASSACHUSETTS
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485605

ORDER OF NOTICE

TO:
**Heirs, Devisees, and Legal Representatives of the Estate of Georgia Khouri**
**Roy Babulal**
**Rohini Khouri Babulal**

and to all persons entitled to the benefit of the Servicemembers Civil Relief Act:, 50 U.S.C. App.§501 *et seq.*:

**Ocwen Loan Servicing, LLC,**

claiming to have an interest in a Mortgage covering real property in **Boston (Dorchester District)**, numbered **66 Mora Street**, given by **Georgia Khouri** to **American Brokers Conduit**, dated **August 18, 2005**, and recorded in **Suffolk County Registry of Deeds** in Book **37876**, Page **149**, and now held by plaintiff by assignment, has/have filed with this court a complaint for determination of Defendant's/Defendants' Servicemembers status.

If you now are, or recently have been, in the active military service of the United States of America, then you may be entitled to the benefits of the Servicemembers Civil Relief Act. If you object to a foreclosure of the above-mentioned property on that basis, then you or your attorney must file a written appearance and answer in this court at **Three Pemberton Square, Boston, MA 02108** on or before **September 29, 2014** or you will be forever barred from claiming that you are entitled to the benefits of said Act.

Witness, JUDITH C. CUTLER Chief Justice of this Court on August 14, 2014

Attest:

**Deborah J. Patterson**
*Recorder*

**9/3/14**

(SEAL) COMMONWEALTH OF MASSACHUSETTS
LAND COURT
DEPARTMENT OF THE TRIAL COURT

485601

ORDER OF NOTICE

TO:
**Daniel P Towle**

and to all persons entitled to the benefit of the Servicemembers Civil Relief Act:, 50 U.S.C. App.§501 *et seq.*:

**Nationstar Mortgage LLC,**

claiming to have an interest in a Mortgage covering real property in **Boston (District of Roslindale)**, numbered **101 Rowe Street Unit #2, 101-103 Rowe Street Condominium**, given by **Daniel P Towle** to **Mortgage Electronic Registration Systems, Inc. as nominee for, Poli Mortgage Group, Inc., its successors and assigns**, dated **July 22, 2005**, and recorded in **Suffolk County Registry of Deeds** in Book **37641**, Page **219**, and now held by plaintiff by assignment, has/have filed with this court a complaint for determination of Defendant's/Defendants' Servicemembers status.

If you now are, or recently have been, in the active military service of the United States of America, then you may be entitled to the benefits of the Servicemembers Civil Relief Act. If you object to a foreclosure of the above-mentioned property on that basis, then you or your attorney must file a written appearance and answer in this court at **Three Pemberton Square, Boston, MA 02108** on or before **September 29, 2014** or you will be forever barred from claiming that you are entitled to the benefits of said Act.

Witness, JUDITH C. CUTLER Chief Justice of this Court on August 14, 2014

Attest:

**Deborah J. Patterson**
*Recorder*

**9/3/14**

## LEGAL NOTICES

**MORTGAGEE'S NOTICE OF SALE OF REAL ESTATE**

By virtue and in execution of the Power of Sale contained in a certain Mortgage given by David Bullock to Mt. Washington Cooperative Bank, dated April 9, 1999 and recorded with the Suffolk County Registry of Deeds at Book 23633, Page 238, subsequently assigned to Nationstar Mortgage, LLC by East Boston Savings Bank Successor by merger to Mt. Washington Cooperative Bank, by assignment recorded in said Registry of Deeds in Book 52952, Page 136, of which the Mortgage the undersigned is the present holder, for breach of the conditions of said Mortgage and for the purpose of foreclosing the same will be sold at Public Auction at 11:00 AM on September 24, 2014 at 22 Branchfield Street, Unit C1, Boston, (District of Dorchester), MA, all and singular the premises described in said Mortgage, to wit:

Unit C-1 of a certain condominium known as The 22 Branchfield Street Condominium located at 22 Branchfield Street, Dorchester, Suffolk County, Massachusetts, which Condominium was created pursuant to M.G.L., Chapter 183A by the Master Deed, dated November 5, 1993 and recorded with the Suffolk County Registry of Deeds as Instrument No. 265 as amended by instruments of record, in
accordance with the provisions of G.L. c. 183A

The unit is shown on the floor plans of the Condominium recorded with the Master Deed and on the unit plan recorded with the first deed to which is affixed the verified statement of a registered architect, registered professional engineer or registered land surveyor.

The Unit is conveyed together with an undivided .0658967 percentage interest in the common area and facilities as defined and described in the Master Deed and the exclusive right to use those common areas and facilities appurtenant to the Unit as set forth in the Master Deed.

The Unit is subject to and has the benefit of all rights, easements, agreements, interest and provisions contained in the Master Deed and the Rules and Regulations and By-Laws adopted pursuant thereto, as any or the same may be amended from time to time pursuant to the provisions thereof, as well as the provisions of Chapter 183A of the Massachusetts General Laws as the same may be amended from time to time.

For title reference see deed recorded herewith.

The premises are to be sold subject to and with the benefit of all easements, restrictions, building and zoning laws, liens, attorneys fees and costs pursuant to M.G.L.Ch.183A, unpaid taxes, tax titles, water bills, municipal liens and assessments, rights of tenants and parties in possession.

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A deposit of FIVE THOUSAND DOLLARS AND 00 CENTS ($5,000.00) in the form of a certified check or bank treasurer's check will be required to be delivered at or before the time the bid is offered. The successful bidder will be required to execute a Foreclosure Sale Agreement immediately after the close of the bidding. The balance of the purchase price shall be paid within thirty (30) days from the sale date in the form of a certified check, bank treasurer's check or other check satisfactory to Mortgagee's attorney. The Mortgagee reserves the right to bid at the sale, to reject any and all bids, to continue the sale and to amend the terms of the sale by written or oral announcement made before or during the foreclosure sale. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The purchaser shall have no further recourse against the Mortgagor, the Mortgagee or the Mortgagee's attorney. The description of the premises contained in said mortgage shall control in the event of an error in this publication.
**TIME WILL BE OF THE ESSENCE.**

Other terms if any, to be announced at the sale.

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